



# **Your First Triathlon, 2nd Ed.: Race-Ready in 5 Hours a Week**

*Friel Joe*

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**Joe Friel is the world's most trusted triathlon coach and his friendly guide, *Your First Triathlon*, will get you ready for your first sprint or Olympic triathlon feeling strong, confident, and ready for the challenge.**

Friel has helped hundreds of thousands of people to enjoy the challenges of triathlon with his clear and comprehensive TrainingBible method. *Your First Triathlon* simplifies all the principles of Friel's training approach for newcomers who want a simple, no-nonsense way to train for triathlon. The practical triathlon training plans in *Your First Triathlon* take fewer than 5 hours a week and will build the fitness and confidence you need to enjoy your first event.

*Your First Triathlon* offers a 12-week training plan for total beginners as well as custom plans for athletes who have some experience in running, cycling, or swimming. Each triathlon training schedule includes realistic swimming, biking, and running workouts with options to add strength workouts. These simple plans will build anyone into a triathlete.

Friel simplifies your triathlon race day with smart tips to navigate your race packet pickup, set up your transition area, fuel for your race, finish your swim without stress or fear, and ensure your race goes smoothly from the moment you wake up until you cross the finish line.

Triathlon is a fun and challenging sport that can help you get fit, healthy, and feeling great. *Your First Triathlon* will help you get off to a great start in the swim-bike-run sport.

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